

## 砂锅辣酱烧鸡(*sha guo la jiang shao ji*) Spicy Clay Pot Chicken

We have included *pinyin* for the ingredients we think may be hard to find at an Asian store so you can ask the other shoppers there for help. Of course, you may also just show them the Chinese characters if you print the paper out.

调料 : Ingredients:

- 葱 spring onion
- 姜 ginger
- 洋葱 onion
- 油 vegetable oil
- 鸡肉 boneless, skinless chicken breast
- 尖红椒 dried Sichuan chili peppers
- 八角 star anise
- 蒜蓉 minced garlic
- 老抽 (*lao chou*) dark soy sauce
- 生抽 (*sheng chou*) light soy sauce
- 糖 sugar
- 花椒油 Sichuan pepper corn oil
- 鸡精 chicken essence/bouillon
- 辣豆瓣酱 (*ladoubanjiang*) broad bean chili paste –Lee Kum Kee brand is easy to find

步骤: Preparation:

①烧开水，把鸡肉放在水里“焯”一会儿。

After slicing the chicken breast into half-inch pieces, par boil in some water. Strain over a separate pot.

②倒油，加尖红椒，加姜片、八角、葱，多“焯”一会，香料的香味才能出来。

Pour in the vegetable oil, and let the chili peppers, ginger slices, star anise, onion simmer until fragrant.

③把鸡片倒进去，炒三分钟左右去除鸡肉的腥味。把鸡肉炒黄了之后，加点料酒。

Add the chicken slices back in and cook until they absorb the oils and flavors of the spices. When the chicken has become golden brown on the edges, add the cooking wine.

④加点蒜蓉、辣豆瓣酱，因为豆瓣酱、酱油有点咸，所以一般不需要加盐。

Add garlic, and broad bean chili paste, adjusting how much you add for your own preferences of spiciness.

⑤加老抽和生抽，老抽颜色深，是调颜色的，生抽是调味道的，加一点糖。

Add the dark and light soy sauces, dark to add color and light to add salty flavor. Since the broad bean chili paste is salty already, not much light soy sauce is needed. Add some sugar.

⑥炒得差不多了，开始加水，水不能太多，不然会没有味道。

When almost finished cooking, add some water to thin out the sauce, but not too much to dilute the flavor.

⑦倒花椒油，加一点鸡精。用小勺子尝一下味道，看需不需要加调料。

Add the Sichuan peppercorn oil and chicken essence/bouillon. Check the flavor with a tea spoon, and adjust to your taste.

⑧盖上锅盖，煮一分钟左右。

Cover the pot and let the mixture simmer for about a minute.

⑨把蒜苗倒进去，盖上锅盖，煮一分钟左右。

Add the garlic sprouts, cover and cook for about another minute.

⑩ 倒入小干锅，边烧边吃以保持温度。

Pour the dish into a clay pot for presentation and enjoy! You can take out the chili peppers, star anise, and other dried spices if you want for more convenient eating.